

NOTE:  
Please read all instructions  
carefully before using this  
product

Safety Notice

Hardware Identifier

Assembly Instruction

Parts List

Warranty

Ordering Parts

Model  
DBR 400

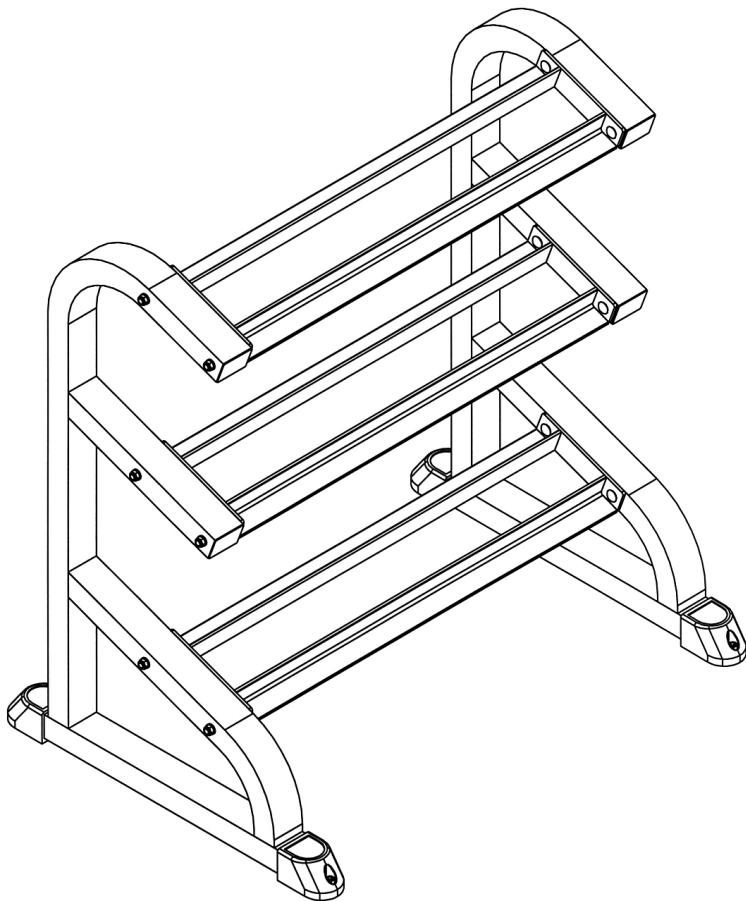
Retain this  
manual for  
reference

08-14-03

OWNER'S  
MANUAL

# IRON GRIP **SPORT™**

## Dumbbell Rack DBR 400



### **IMPEX FITNESS PRODUCTS**

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## BEFORE YOU BEGIN

Thank you for selecting the IRON GRIP SPORT Dumbbell Rack DBR400 by IMPEX FITNESS PRODUCTS. For your safety and benefit, read this manual carefully before using the device. As a manufacturer, we are committed to providing you with complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, we guarantee you complete satisfaction through direct assistance from our factory. DO NOT RETURN THE UNIT TO THE STORE! To avoid unnecessary delays, please call our *TOLL-FREE customer service number*. Our Customer Service Agents will provide immediate assistance to you.

Toll-Free Customer Service Number  
1 (800) 999-8899  
Mon. – Fri. 9 a.m. – 5 p.m. PST  
[www.impex-fitness.com](http://www.impex-fitness.com)  
[info@impex-fitness.com](mailto:info@impex-fitness.com)

# **IMPORTANT SAFETY NOTICE**

## **PRECAUTIONS**

This exercise equipment is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your equipment. In particular, note the following safety precautions:

1. **Keep children and pets away from the equipment at all times. DO NOT leave children unattended in the same room with the equipment.**
2. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
3. Position the equipment on a clear, level surface. DO NOT use the equipment near water or outdoors.
4. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the equipment. Running or aerobic shoes are also required when exercising.
5. Use the equipment only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
6. Do not place any sharp objects near the equipment.
7. Disabled persons should not use the equipment without a qualified person or physician in attendance.
8. Before using the equipment to exercise, always do stretching exercises to properly warm up.
9. Never operate the equipment if the it is not functioning properly.

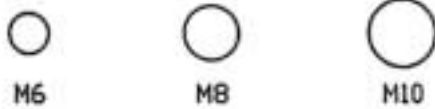
**WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.**

**SAVE THESE INSTRUCTIONS.**

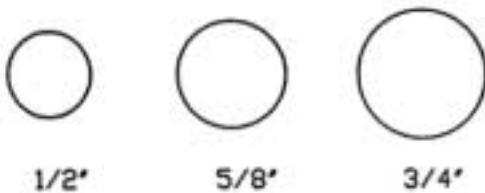
# HARDWARE IDENTIFIER

PLACE WASHER, END OF BOLT, OR SCREW ON CIRCLE TO CHECK FOR CORRECT SIZE.

## MILLIMETERS



## INCHES



## REPLACEMENT PARTS

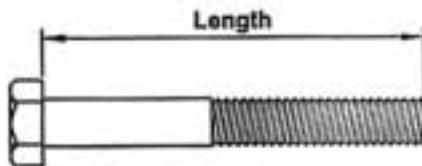
Thank you for purchasing this IMPEX product. Although we put great effort into ensuring the quality of our products, occasionally errors or omissions occur. Should you find there are defective or missing parts in this product, please contact us for a replacement at the following telephone number.

## QUESTIONS?



1 (800) 999-8899

**NOTE:** When installing an aircraft nut (also called nylon or lock nut). Please use two adjustable wrenches to tighten down the nut. Hold down the bolt with one wrench, and use the other to turn the nut clockwise.



## HEX HEAD BOLT



## CARRIAGE BOLT



## ALLEN BOLT



## AIRCRAFT NUT



## FLAT WASHER

# ASSEMBLY INSTRUCTIONS

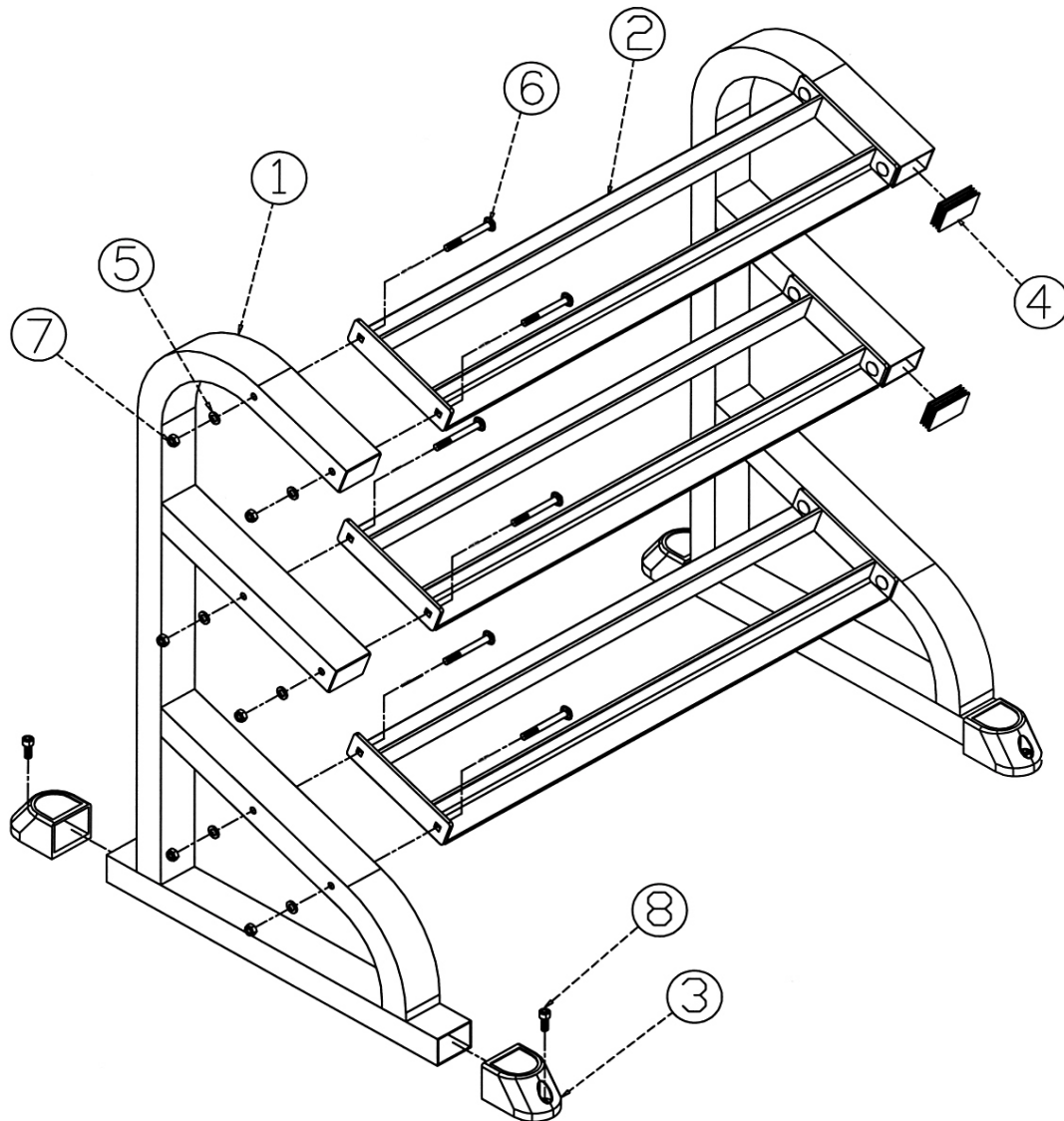
Tools required for assembling the machine: adjustable wrench

**NOTE:** It is strongly recommended this device be assembled by two or more people to avoid possible injury.

## STEP 1 (See Exploded Diagram)

- A.) Place a dumbbell rack (#2) in between the two upright beams (#1). Secure each end with two M10 x 3 1/2" carriage bolts (#6), Ø 3/4" washers (#5), and M10 aircraft nuts (#7). Do not tighten the nuts and bolts yet.
- B.) Repeat procedure A to connect the other two dumbbell racks (#2) to the upright beams.
- C.) Securely tighten all nuts and bolts.
- D.) Set the rack on a flat surface. If the floor is uneven, adjust bolt (#8) on the end caps to level the rack.

## Exploded Diagram



# Parts List

KEY NO.	DESCRIPTION	QUANTITY
1	Upright Beam	2
2	Dumbbell Rack	3
3	Upright Beam Base End Cap	4
4	2" x 2 3/4" End Cap	4
5	Ø 3/4" Washer	12
6	M10 x 3 1/2" Carriage Bolt	12
7	M10 Aircraft Nut	12
8	M10 x 1" Allen Bolt	4

# ***IRON GRIP SPORT***

## ***By IMPEX FITNESS PRODUCTS***

### **LIMITED THREE YEAR WARRANTY**

IMPEX FITNESS PRODUCTS ("IMPEX") warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of THREE YEARS from the date of purchase. This warranty extends only to the original purchaser. IMPEX's obligation under this Warranty is limited to replacing or repairing, at IMPEX's option.

All returns must be pre-authorized by IMPEX. Pre-authorization may be obtained by calling IMPEX Customer Service Department at 1(800)999-8899. All freight charges on products returned to IMPEX must be prepaid by the customer. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an IMPEX authorized service center or for products used for heavy commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by IMPEX.

IMPEX is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or other damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal right. You may also have other rights which vary from state to state. Register on-line at [www.impex-fitness.com](http://www.impex-fitness.com)

**IMPEX INC.**  
**14777 Don Julian Rd.,**  
**City of Industry, CA 91746**

#### **ORDERING REPLACEMENT PARTS**

Replacement parts can be ordered by calling our Customer Service Department toll-free at **1 (800) 999-8899** during our regular business hours: Monday through Friday, 9 a.m. until 5 p.m. Pacific standard time.

**info@impex-fitness.com**

When ordering replacement parts, always give the following information:

1. Model
2. Description of part
3. Part number
4. Date of purchase.